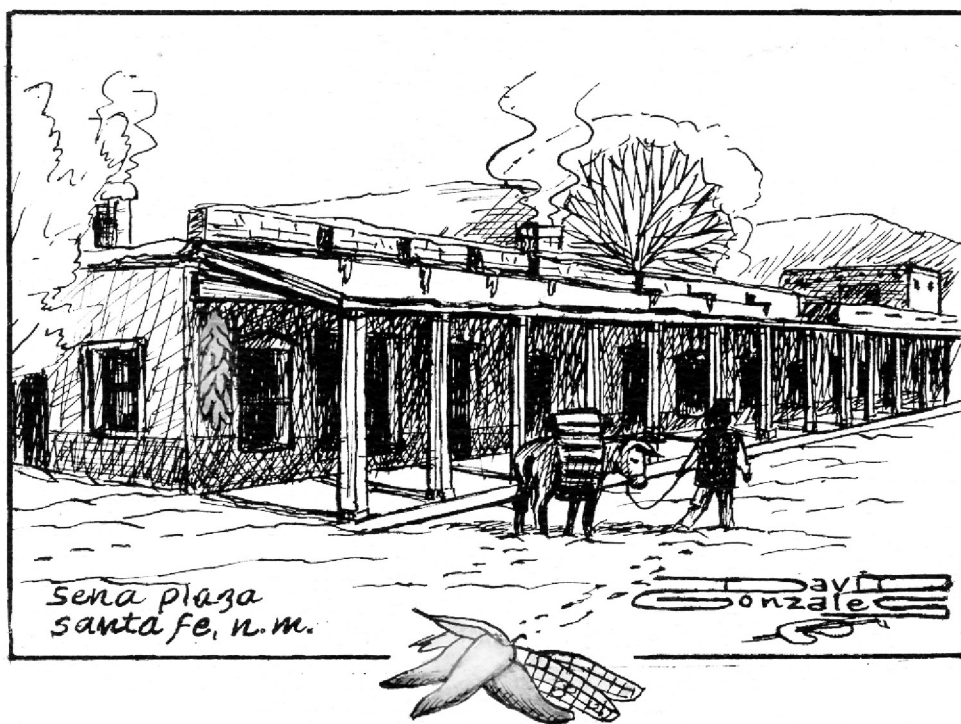


April 2004

# *The Senior Scene Vistas De Los Mayores*

City of Santa Fe  
Division of Senior Services



a complimentary monthly publication

**CITY OF SANTA FE**  
**DIVISION OF SENIOR SERVICES**  
**Administration Office**  
**1121 Alto Street, Santa Fe, New Mexico**  
**Rita B. Maes, Director**

**Administration**

Rita B. Maes, Division Director	955-4799
Patricia Rodriguez, Deputy Director	955-4740
Vacant, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4735

**Nutrition**

Ron Vialpando, Program Manager	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4750
Enrique DeLora, Inventory Technician	955-4750

**Meals On Wheels Kitchen**

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

**Senior Center Programming**

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743

**In Home Support Services, Respite Care**  
**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

**Senior Olympics/Physical Fitness**

Patricia Rodriguez, Deputy Director	955-4740
Ron Pacheco, Safe Kids/Safe Seniors	955-4754

**Senior Registration**

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

**Transportation**

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

**Miscellaneous**

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

**Newsletter Production**

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.**

<b>CHIMAYO</b>	<b>351-4686</b>
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
<b>EDGEWOOD</b>	<b>281-2515</b>
114 Quail Trail	
Edgewood, New Mexico 87015	
<b>EL RANCHO</b>	<b>455-2195</b>
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
<b>ELDORADO</b>	<b>No Phone</b>
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
<b>LUISA</b>	<b>955-4717</b>
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
<b>MARY ESTHER GONZALES</b>	<b>955-4721</b>
1121 Alto St. Santa Fe, New Mexico 87501	

<b>PASATIEMPO (Rose Slade, Coordinator)</b>	<b>955-4755</b>
Kitchen	<b>955-6433</b>
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
<b>RIO EN MEDIO</b>	<b>988-3053</b>
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
<b>SANTA CRUZ</b>	<b>753-8598</b>
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
<b>VENTANA DE VIDA (Pacheco)</b>	<b>955-6731</b>
1500 Pacheco St.	
Santa Fe, NM 87505	
<b>VILLA CONSUELO</b>	<b>474-5431</b>
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

# DIRECTOR'S FAREWELL

---

Dear Seniors, time flies when you're having fun; Nooo, Time flies when you're having a **GREAT TIME!** That's how I will always remember the last 25 years with the Division of Senior Services.

I am grateful for the amazing opportunity to have spent twenty five years working with and for Santa Fe's **VERY VERY BEST.**

It was May 7<sup>th</sup> 1979, when I first set foot into that weird shaped building located at 1121 Alto Street, now known as the Mary Esther Gonzales Senior Center. I was a young graduate from Our Lady of the Lake University (San Antonio Texas), with a Masters Degree in Social Work (MSW).

I was selected by then City Manager Bob Pinieda, County Manger Carlos Martinez and Board Chairman Remijo Lovato, to serve as the Director of the Santa Fe City and County Senior Services Division. I inherited a staff of 12 employees and an operating budget of approximately \$230,000.

My debut was the Senior Recognition Banquet held at the Hilton Hotel where I met Mayor Art Trujillo, City Counselor Dora Battle, pianist Johnny Fingers, the Seniors of the day including Placida Martin and Victoria Chavez of Chimayo, Bonnie Apodoca of Santa Cruz, Ramona Salazar of El Rancho, Charles Matters from Cerrillos, Charla Scott, Madeline Martinez, Sarita Rivera, Gregorita Rodriquez and Tules Sena all of Santa Fe just to name a few.

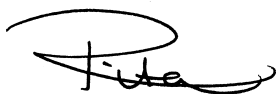
At twenty seven years of age the **'SENIORS'** taught me: How to sing, how to dance, how to cook, how to pray, how to let go, and appreciate their skills, talents, and dignity. As our program began to grow and prosper, the seniors pushed me to: lobby more effectively, write more grants, open more meal sites and expand more services.

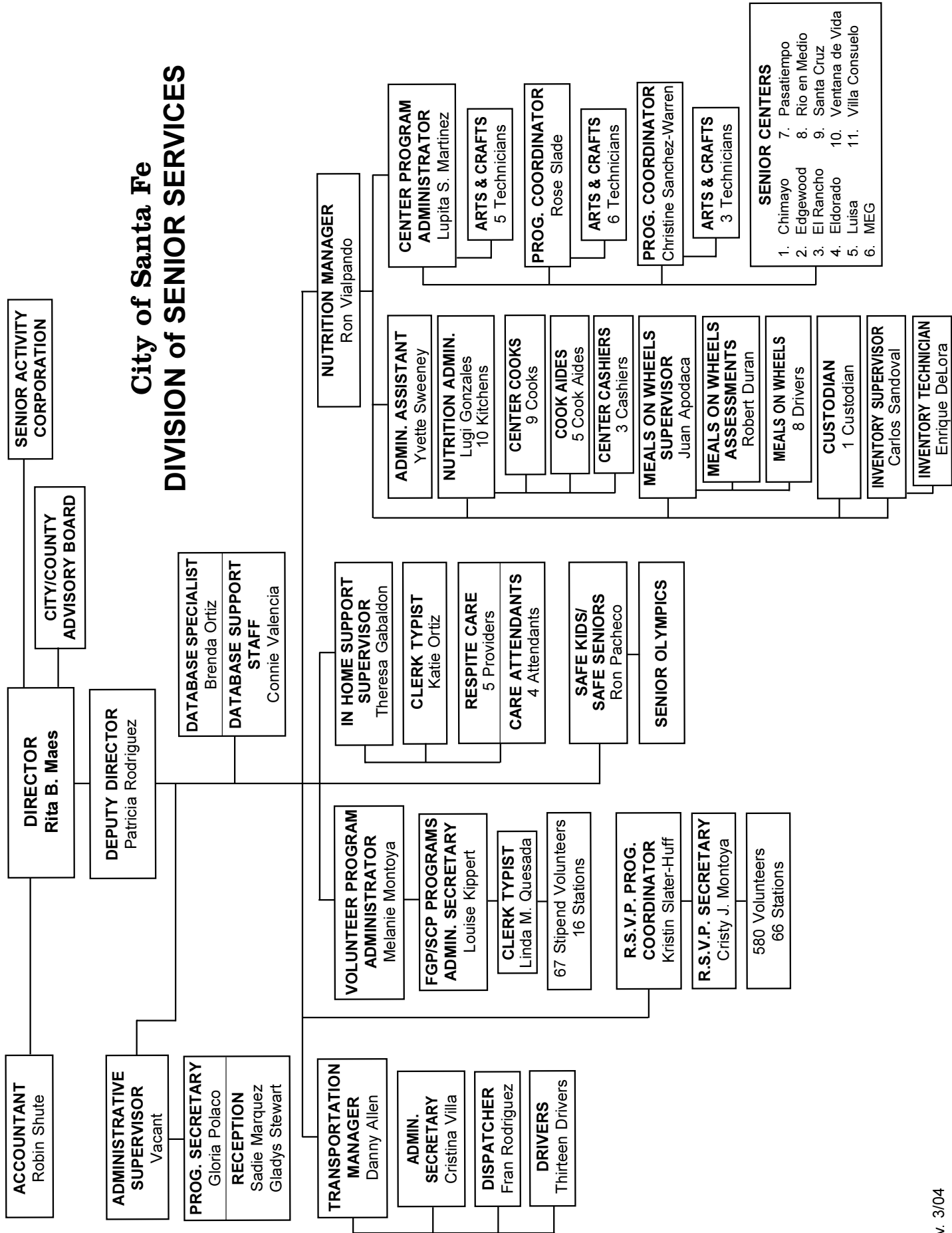
Twenty five years later with a staff of 103 employees and a budget approaching 4 million dollars, we have met many challenges, and accomplished many goals. My staff and I continually strive to enhance the quality of services for the older adults of Santa Fe.

Summarily, It has been a pleasure working with a dedicated staff, supportive elected officials and the most energetic fun loving intelligent group of seniors from every corner of Santa Fe county. I entrust you with the watchful care of Deputy Director and In-Home Care Manager **Patricia Rodriquez**, Transportation Manager **Danny Allen**, Nutrition Manager **Ron Vialpando**, and the entire staff

**My official retirement date is May 1, 2004. If time permits, I plan to drop by each of the senior centers during the month of April. Once again, thank you for allowing me to serve you for the past twenty five years. God Bless.**

Sincerely,





# NEWS & VIEWS

## Senior Center Closures

Please note that, in honor of Good Friday, the Division of Senior Services Senior Centers will be closed on **Friday, April 9, 2004**. There will be no congregate meals at any of the centers. Meals on Wheels will be delivered. Transportation services will be available until 11:30 a.m. only.

## NDI Tickets

The National Dance Institute (across the street from the MEG Senior Center) is offering free tickets for two dress rehearsals of their upcoming dance piece "Imagine the Possibilities! ...a celebration of reading."

The dates are Tuesday, April 27<sup>th</sup> at 2:30 p.m. and Wednesday, May 5<sup>th</sup> at 2:30 p.m.

To reserve your tickets, please call Gloria at 955-4721.

## Employment Opportunity

A part-time position is available in a drug testing company. Training and supervision are provided in this pleasant working environment in a central location on Cerrillos Road. The work would be no more than three staggered hours in a given day, for a total of just eighteen hours per month. Pay is \$7.50 per hour. Call 438-0010 and ask for Andy at extension 11 or Mary at extension 22.

## Benefits Counseling- the latest information about Medicare, Medicaid, and More

This presentation, sponsored by Friends in Deed and the Senior Services In-Home Support office, will be given by trained HIBAC counselor Doug Peterson.

This is a free presentation for anyone who takes care of a family member. Following the presentation, participants will break into small groups for discussion. Wednesday, April 21, from 1:00 to 3:30 p.m. at Luisa Center.

Contact Theresa Gabaldon at 955-4745 or Yvonne Wilson at 424-6729.

## Spring Clean Up Day

The Great American Spring Clean Up Day is seeking volunteers. Help set the record for picking up the most trash in one day. This is a great opportunity to get your neighbors together to clean up your neighborhood, or come join the group to help clean up the city. City of Santa Fe staff will provide gloves, trash bags and t-shirts.

Meet on Saturday April 24 at the Parks & Recreation Building at 1142 Siler Road. Registration is from 7:00 to 9:00 a.m. and clean up continues until noon. After the event, there is a picnic at Frenchy's Park on Agua Fria and Osage for those who worked that morning.. Help keep Santa Fe beautiful!



## Meet Howard Albertsen

(Written by Ron Pacheco of Safe Kids/Safe Seniors and Senior Olympics)

The Division of Senior Services is delighted to introduce Howard Albertsen, the new Vista Program Volunteer for the Safe Kids/ Safe Seniors Program and

Senior Olympics. He is a retired professional musician who has decided to give of his energies helping seniors.

Eager to begin his new job, Howard has already been reading up on health, fitness and safety and will be undergoing continuous trainings in those fields. He has begun to visit all of the senior centers in Santa Fe City and County to get to know seniors and their health needs. He will bring senior fitness and health information, workshops and guest speakers to provide you an opportunity to improve your quality of life.

If you have the pleasure of meeting Howard, please welcome him to our program and take advantage of the opportunities he will be providing.

# NEWS & VIEWS continued

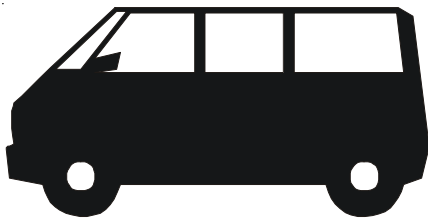
## Widowed Persons' Service to Disband in July

After many years of volunteers providing grief support, the Santa Fe AARP WPS will reluctantly discontinue its services, effective July 2004. Several members who have been active in the counseling service for many years have decided they can no longer continue, and no members have offered to step in as replacements. This means, since the WPS is set up for the counseling of the bereaved, the social activities as they now operate must also disband. As per their by-laws, the monies in their Treasury will be disbursed to several local non-profit organizations.

If anyone wishes to set up a separate committee to continue their social activities, they are welcome to do so and to meet with the chef at Ponce de Leon about monthly luncheons.

April 18<sup>th</sup>, the group will meet at Ponce de Leon at 1:10 p.m. Catherine O'Brien will give a presentation on growing gardens in pots.

To reserve your space for April, or for any questions, call Virginia Pickard at 983-6250.



## SENIOR TRANSPORTATION INFORMATION

**Cost:** Seniors age 60 or over .25¢ suggested donation per one way trip  
Under 60, but ADA \$2.00 required per one way trip

**Scheduling:** Call for an appointment 24 hours in advance, before 3:00 p.m.  
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays  
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

**Call:** Fran Rodriguez, Transportation Dispatcher at 955-4700

**Note:** Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

## Not Obsolete in the Modern World

(Submitted by senior Flora Leyba, written by "Helen in Arcadia" as printed in Ann Landers)

In this online, internet, high-tech, jet-set generation, a low-tech old lady has a tough time coping with its top speed, juiced-up lifestyle. My software consists of thermal undershirts, long johns and bed socks. The hardware includes hearing aids, med-alert tag, bifocals and a wristwatch with huge numbers that glow in the dark. My web sites are commonly known as cobwebs, appearing through the courtesy of freeloading spiders. As for my modem, it's down for the duration.

## Toastmasters is User Friendly

Anyone interested in building friendships, strengthening the mind and developing stronger interpersonal skills needs to be in Ventana de Vida Toastmasters Club. We exercise our intellect by sharpening our logic and reasoning, by increasing our vocabulary, by listening open-mindedly to others and by experiencing the diversity of our members.

We build gradually on whatever speaking skills we already have by practicing before our peers. But, "To say that Toastmasters is about public speaking is like saying that sports are about stadiums, music is about concerts, and art is about museums. Few athletes will ever play in a packed stadium, few musicians will ever play to a sold-out concert, few artists will see their work displayed in museums, and few Toastmasters will ever give speeches to large audiences.

"But the fact that relatively few Toastmasters go on to speak in front of large audiences does not diminish the value of the Toastmasters experience. To say otherwise would be to say that sports, music and art are diminished because relatively few athletes, musicians and artists go on to perform before large audiences" says Steve Brandon.

Ventana de Vida means "Window of Life" so let this opportunity be a window to a better life. Our club is very user friendly. We invite you to meet us at the Ventana de Vida Senior Center, 1500 Pacheco St. each Wednesday at 4:00 p.m.

## Fraud Alert

(From the Aging and Long-Term Services Dept.)

A web site promising discounted prescription drugs from Canada has been taking thousands of dollars from checking accounts around the United States- but the account owners say they'd never even heard of the service until they spotted the transaction on their bank statements.



**PharmacyCards.com** claims to offer 80% drug discounts and lists an address in West Vancouver, British Columbia as its home. But the phone number listed on the site goes to a third-party firm in Montreal and the real company at the B.C. address, Accutype, said it had never heard of PharmacyCards.com. The company actually processing the checks, Interbill, said it stopped accepting payments for the web site around March 10<sup>th</sup> after receiving numerous complaints.

Canadian authorities are investigating, and the Federal Trade Commission says it has received complaints about the site from Canadian authorities. The U.S. Secret Service is also investigating, according to Accutype.

How many people were caught up in the alleged scam is unclear, but in nearly every case, victims report that PharmacyCards.com somehow managed to withdraw \$139 from their checking accounts.

Vancouver to Montreal, to Florida to India, Accutype, the company whose West Vancouver address is listed on PharmacyCards.com's domain registration, offers secretarial and basic mail services. It has no relationship with PharmacyCards.

## Happy Easter!



## Low-Cost Prescription Presentations

The Safe Kids/Safe Seniors Program and Rx America, Inc. announce the following low-cost prescription information presentations. Andres Romero, founder and President of Rx America, and Howard Albertsen, Safe Kids/Safe Seniors Vista Volunteer, will present information, answer questions, and assist seniors in ordering low-cost prescriptions at the following senior centers in April:

- Pasatiempo Senior Center on Thursday, April 1<sup>st</sup> at 11:00 a.m.
- Luisa Senior Center on Tuesday, April 6<sup>th</sup> at 11:00 a.m.
- Ventana de Vida Senior Center on Thursday, April 8<sup>th</sup> at 11:30 a.m.
- Villa Consuelo Senior Center on Wednesday, April 14<sup>th</sup> at 11:00 a.m.
- Edgewood Senior Center on Wednesday, April 21<sup>st</sup> at 11:45 a.m.
- Chimayo Senior Center on Tuesday, April 27<sup>th</sup> at 11:00 a.m.

Other Senior Centers will be visited in May.

## ECHO Commodities Food Distribution

**At the County Extension  
Building. 3229 Rodeo Rd.  
Third Tuesday of every month  
9:30 a.m. - 1:30 p.m.  
Next distribution April 20.**



## ECHO Commodities Information

ECHO Commodities are **not** accepting **any new** senior clients at the moment. If you would like to be put on their waiting list, please call them in Albuquerque at (505) 242-6777. The waiting list will not be called for 6 - 9 months, at least. We are sorry for the inconvenience.





## *Santa Fe Community Foundation*

WE MAKE IT EASY TO CARE FOR SANTA FE

### **S.F. Community Foundation Town Halls**

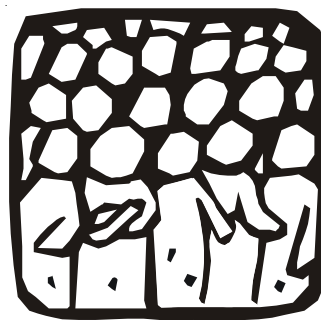
The Lesbian and Gay (L&G) Community Funding Partnership at the Santa Fe Community Foundation gives grants to non-profit organizations for projects focusing on the lesbian, gay, bisexual and transgender community. The deadline for grant proposals is now July 1, 2004, and the new grant period is November 1, 2004 – October 31, 2005. The L&G pre-grant proposal workshop is scheduled Thursday, May 27, 1:30 – 3:00 p.m. at Ghost Ranch Center of Santa Fe (formerly Plaza Resolana). See website [www.santafecf.org](http://www.santafecf.org) for more information.

The L&G Community Funding Partnership will be holding a series of town hall meetings in April to update the community on the progress of the Partnership over the past six years and determine if the funding areas are still in tune with the needs of the community. New priority areas identified through the town hall meetings will be incorporated into the grant guidelines for future funding cycles beginning in 2004.

Funding areas now include: Youth; Health & Human Services; Awareness, Education, and Civil Rights; Arts and Expression; and Community Building. Special consideration for programs and activities serving the elderly was identified as a priority. Since its inception in 1997 through a generous grant from the National Lesbian and Gay Community Funding Partnership, a total of 41 grants have been awarded totaling \$229,765.

### **L&G Town Hall Meetings**

The question we would like you to come prepared to respond to is: What are the most pressing needs for the LGBT community that the Lesbian and Gay Community Funding Partnership at the Santa Fe Community Foundation could address?



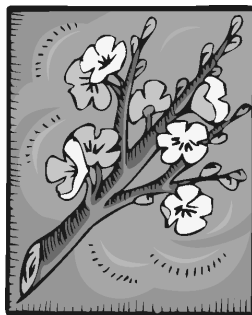
- Session #1\*: (Santa Fe) Thursday, April 8, 6:00-8:30 pm, College of Santa Fe, Southwest Annex, 1600 St. Michael's Dr. Santa Fe, [the focus of this town hall is on obtaining feedback from youth and programs serving youth]
- Session #2: (Los Alamos) Monday, April 12, 3:30 - 6:00 pm, Fuller Lodge, Pajarito Room, 2132 Central Avenue, Los Alamos
- Session #3: (Española) Tuesday, April 13, 3:30 - 5:30 pm, Hoy Recovery Program, 1102 A, North Paseo de Oñate (2 blocks north of N. NM Community College)
- Session #4: (Santa Fe) Wednesday, April 14, 5:30 - 8:00 pm, Santa Fe Public Library Community Room, 145 Washington Avenue
- Session #5: (Taos) Monday, April 19, 4:00 - 6:30 pm, Taos Convention Center El Taoseño Room, Coronado Hall, 120 Civic Plaza Drive  
For further information, email Dolores E. Roybal, Program Director, Santa Fe Community Foundation, at [droybal@santafecf.org](mailto:droybal@santafecf.org) or call (505) 988-9715, ext. 2.



## Springtime

(By Edgewood Senior Simon Arzigian)

It is springtime again and with it comes the promise of better times to come. This year, with its climate of war and war's devastating consequences, we hope and pray that better times will come soon. Spring has a way of



making people feel optimistic and look at the brighter side of life. The sun will rise each morning as usual, but in spring it seems to be more welcoming, than say in winter, and seems to say "Get up and enjoy this beautiful day."

The garden shops are crowded at this time of the year with people purchasing plants, seeds and a multitude of garden supplies to be used in preparing the backyard gardens. With each planting there is the mental image of what the garden will look like, once the plants have matured. You might imagine, for instance going into your garden and picking the ingredients for a salad. That is the optimistic view that the mental image of the garden will become the hoped for reality. Of course, man's efforts must be supplemented by what nature provides in the form of moisture.

With reasonable weather conditions and with sufficient rain, the large meadows will be ablaze with acres of wildflowers, a wonderful sight to behold and one to be looked forward to with great anticipation. The wildflowers will provide a literal feast for the eyes and a large boost to the spirit. How can any individual gaze upon a large field of colorful wildflowers, and not be uplifted in spite of himself and world conditions. There are, unfortunately many who suffer from allergies brought on by the pollens disbursed by trees and flowers. These individuals may not feel the same optimism of non sufferers as they struggle with their allergic symptoms. The TV screens and other media are filled with advertisements for medicines to alleviate allergic symptoms. So we can safely assume that the manufacturers of allergy medicines must look optimistically toward springtime as their sales increase and profits rise.

While there are birds present in all four seasons, it is in spring and the warmer seasons that I notice the birds more. Sometimes as I look out the window and see a bird in the bird bath splashing away, I just know it must be having a good time. It makes me feel good to observe this activity. In conclusion I believe it is safe to say that spring is a good time of the year. As I noted in the beginning spring is a time of promise for things to be better, to become a reality. Let us get out and enjoy this springtime.

## Support Group Meetings

### Alzheimer's Disease and Related Disorders Association-

Third Thursday/month 6:00 p.m. at Sierra Vista Retirement, 402 Rodeo Road. For information, call 986-9696.



**Caregivers' Support Group-** First Wednesday/month 10:30 to 11:30 a.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

**Lupus Support Group-** First Wednesday/month 12:00 to 1:00 p.m. at 2006 Botolph Rd, second floor, suite A. Sponsored by Heritage Home Healthcare. For information, call 983-6700.

**Parenting Grandparents Support Group-** Every Thursday 4:30pm at Catholic Charities at 4985 Airport Road. For information, call 424-9789.

**Peer Support for Blind and Visually Impaired-** Second Thursday/month 10:00 to 11:00 a.m. at Pasatiempo Senior Center, 664 Alta Vista St. For Information, call Elaine Garcia at 827-4479.

**Santa Fe County Diabetes Support Group-** Fourth Wednesday, every odd month 10:00 a.m. to noon at the County Extension Building 3229 Rodeo Road. For information, call 471-4711.

## Congressman Udall

New Mexico Congressman Tom Udall will hold a Town Hall meeting at the Mary Esther Gonzales Senior Center at 1121 Alto Street on Monday, April 5, starting at noon.

## Attention: Medicaid Recipients

The Division of Senior Services is now certified to receive Medicaid reimbursements for medically-related transportation services.

If you currently receive Medicaid benefits and you use Senior Services Transportation for rides to doctor's appointments or pharmacy business, etc. Senior Services can receive reimbursement for those rides.

Help Senior Services help you by bringing this earned money into our program. Please contact Cristina Villa, DSS Transportatin Secretary at 955-4703.

## **FREE TAX AIDE**

**A joint service provided by the  
Division of Senior Services & AARP**



Trained volunteers will complete your Tax Year 2003  
Income Tax return, free of charge.

Appointments are not necessary, but people will be asked to sign in  
and will be helped in that order, with the exception that seniors (those  
over 60) will be given preference over non-seniors.

*At the Genoveva Chavez Community Center  
3221 Rodeo Road in Santa Fe*

*Mondays through Fridays 9:00 a.m. to 2:00 p.m.*

*Saturdays 9:00 a.m. to 12:00 p.m.*

*February 2<sup>nd</sup> through April 15<sup>th</sup>*

If you have your tax returns from Tax Year 2002, please bring them  
with you to speed up the process.

Most seniors are eligible for rebates,  
even if they did not receive any income in 2003.

**Please come find out what rebates you are eligible for.**

If you have questions, please call Gloria at 955-4721

# LEGAL & CONSUMER INFORMATION

## Open Hands Services

Mission: Open Hands provides essential services to assist the frail elderly, the disabled or the economically disadvantaged to live with dignity and independence. Open Hands has been proudly serving Northern New Mexico since 1977.



### Adult Day Services (505) 428-2330

**Adult Day Care Center** - The all-day program, housed in their new state-of-the-art facility, provides transportation, meals and snacks, socialization, recreation, exercise, entertainment and health education. Mon-Fri.

**Side By Side** - A specially designed program to meet the needs of those individuals diagnosed with Alzheimer's Disease or related dementia.

**Caregivers Support Group** - This group meets twice monthly and enables caregivers to share concerns while gaining support and resources.

**Saturday Respite Care** - This program provides the Adult Day Services on Saturdays.

### Community Outreach Services (505) 428-2340

**Case Management** - Provides assistance in determining eligibility for various programs; coordinates services; makes referrals.

**Financial Assistance** - for rent, mortgage, utility and prescription medication emergencies for low income people in temporary crisis.

**Home Safety Assessment** - Assessments are made of potential hazards in the home. Minor modifications may be made to aid in safety, mobility and accessibility, including the installation of grab bars, smoke detectors and wheelchair ramps.

**Medical Equipment Loan Bank** - Medically assistive devices such as wheelchairs, crutches, canes and shower seats are loaned on a short term basis for homebound elderly and disabled citizens.

**Youth Service Corps** - Teenagers are hired to provide home maintenance services for the homebound elderly and disabled citizens who can no longer do the work themselves. These services include yard work, snow shoveling and window washing.

**Home Visitor Program** - Companionship is provided weekly by volunteers to homebound isolated seniors.

The volunteers may also assist with grocery shopping, appointments and other errands.

### Seniors Reaching Out (505) 428-2352

Program for seniors who want to remain active and creatively engaged in the arts, SRO provides outreach services for both Open Hands clients and the community through performances and visual arts projects.

### Open Hands Thrift Store (505) 986-1077

The thrift store helps provide operating income for the agency, as well as making donations to individuals and families in need. The thrift store is at the corner of San Mateo and Calle Lorca.

## When You or Someone You Love is Hospitalized

(From the National Family Caregiver Association)

### Have Needed Legal Documents in Place

Advance Medical Directives are documents prepared by the patient in advance of when they are needed, sometimes years before they become a patient. The documents inform physicians and family members what kind of medical treatment and care a person wishes to receive in the event of his/ her inability to make those decisions. A Living Will and a Do-Not-Resuscitate (DNR) Order are examples of advance medical directives.

A Living Will comes into effect during end-of-life situations. It records the specific kind of treatment and care your loved one wants at that time.

A Do-Not-Resuscitate, or DNR Order, which must be written by a physician, gives permission to the medical team not to begin resuscitative efforts if the patient's heart stops or s/he stops breathing.

A Durable Power of Attorney for Health Care, also known as a health care agent or proxy, is the individual appointed to make decisions about medical care if the patient can't. A health care agent can be assigned as part of the advance directive form.

(continued on next page)

# LEGAL & CONSUMER INFORMATION

Signed copies of these documents should be given to your family physician and incorporated into the patient chart each time a person is hospitalized.

## Be Prepared to Provide Information

You can be proactive, feel more confident in your dealings with hospital personnel and facilitate the patient's transition into the hospital setting by providing the following information immediately upon admission.

- The patient's medical history, in writing including:
- A list of the patient's allergies;
- A list of current medications and dosages;
- A list of all physicians and consultants who are caring for the patient, along with phone numbers;
- A clear and fairly detailed written description of the patient's current physical and mental capabilities.

For more information, call Toll Free (800) 896-3650

## **Eight Ways Americans will Benefit from the New Prescription Drug Bill**

(From AARP)

1. It protects traditional Medicare: The legislation preserves the traditional fee-for-service Medicare. And anyone can stay in it if they choose.
2. All Medicare beneficiaries will have access to drug coverage: This is a guaranteed drug benefit for all beneficiaries, regardless of where they live.
3. This new drug benefit is voluntary: People can elect to keep any existing coverage they have, and no one will be forced to enroll in the new program.
4. It helps those who need it most: The new benefit provides for comprehensive drug coverage for people with low incomes, at minimal cost to them.
5. It protects those with the highest drug cost: After a beneficiary reaches the \$3,600 out-of-pocket limit, the federal government will pay for 95% of prescription drug costs.
6. It encourages continued retiree coverage: The legislation provides financial incentives for employers (both public and private) so that people who already have good private coverage are less likely to lose it.
7. It provides new preventive services: The legislation provides for new coordinated chronic disease management, preventive screening for heart disease, and an introductory physical exam.
8. It offers a discount card: Beneficiaries can choose a Medicare discount card that will provide some immediate help with drug costs. In addition, many low-income beneficiaries will receive a \$600 credit on their card.



## **Informative web sites for seniors**

**[www.fraud.org/elderfraud](http://www.fraud.org/elderfraud)** This site, sponsored by the National Consumers' League, offers information in combating fraud that targets seniors.

**[www.nclnet.org/privacy](http://www.nclnet.org/privacy)** This is a site created by the National Consumers' League that discusses identity theft, how to get on the "Do Not Call" lists, online privacy issues and health privacy issues.

**[www.friendly4seniors.com](http://www.friendly4seniors.com)** This is a database with listings that link over 2000 other senior-related web sites.

# RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.*

Children's advocates are needed. The courtroom can be an intimidating place for anyone, especially a child who's been abused or neglected. They need someone on their side fighting for their rights. That's where CASA comes in. CASA stands for **Court Appointed Special Advocates** and is a volunteer program. As a CASA volunteer, you can be a powerful voice for these young victims in state custody.

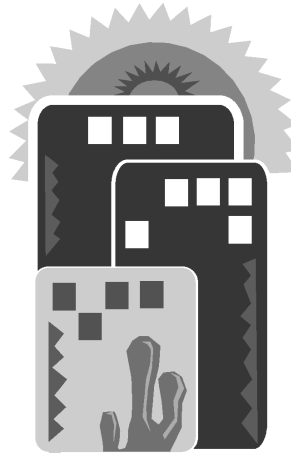
The next CASA Advocate training starts April 17<sup>th</sup>. Call the RSVP office at 955-4760 today. You don't have to be a lawyer. You just have to care.

### ***Santa Fe Animal Shelter & Humane Society Mission Statement***

Guided by the humane ethic, and in recognition of the bond between humans and animals, the Santa Fe Animal Shelter & Humane Society exists to promote humane principles, compassionate care, and prevention of cruelty to animals by:

- Providing humane care and treatment of animals brought to the shelter by private citizens and Animal Control;
- Offering educational and volunteer programs to encourage awareness, understanding, and practice of the humane principle;
- Advocating for the interest and welfare of animals and protecting animals from neglect, abuse, and exploitation;
- Inspiring awareness and compassion for all living things.

Now, don't you want to volunteer for this organization? You can walk a dog, cuddle a cat, assist perspective adoptive families, lend your smile.



Build someone a home! **Habitat for Humanity** is always on the lookout for more volunteers to help build new homes for families, or assist with office work. Whether you are a retired building contractor, a person who has never hammered in a nail, or somewhere in between, give this a try!

**Girls, Inc. of Santa Fe**, formerly known as the Girl's Club is the local affiliate of the national nonprofit youth organization dedicated to inspiring all girls to become strong, smart and bold. Their office is looking for volunteers to answer telephones, do light typing/word processing, filing and mailings. Days and hours are flexible and you will surely enjoy helping to make this cause a reality.

**Friends of the Library**, the volunteer group that supports the Santa Fe Public Library, sell used books out of a tiny shop in the Main Library on Washington Ave. Each volunteer has a weekly shift of a few hours, during which they assist customers, shelve new donations and get to read.

**Santa Fe Care Center** is looking for volunteers to provide one-on-one stimulation and companionship to some of their residents. They especially need volunteers who can play games, go shopping, sing, read, play musical instruments, or bring pets. Santa Fe Care Center is a 120-bed nursing facility on Harkle Road.

**Kitchen Angels** always needs folks to cook or deliver hot meals to homebound Santa Feans. A shift is just once a week for a couple of hours (if you cook) or about an hour (if you drive your car and deliver the meals). It is a lovely space with a great staff, for a wonderful cause, serving interesting and grateful recipients. What more could you ask in a volunteer job?

## National Volunteer Week April 18-24, 2004



**Thank you, volunteers!**  
**The world is a much  
better place because  
of your efforts.**

### RSVP volunteers:

Enrolled, active RSVP volunteers who report their hours to our office are all on the list to receive volunteer recognition gifts. Throughout the month of April, RSVP staff and Advisory Council members will be going to volunteer sites to distribute the gifts. Be on the lookout for us!

Also, remember that the RSVP volunteer banquet is on Thursday, May 6<sup>th</sup> from 11:00 a.m. to 3:00 p.m. at the Sweeney Convention Center. Invitations will be mailed to all active RSVP members.



**The Volunteer Programs wish a very happy  
birthday to our RSVP, SCP and FGP volunteers  
born in the month of**

## April

Dory Garcia	4/1	Eugenia J. Suave	4/16
Ruth R. Montoya	4/2	Patricia J. Barnett	4/17
Douglas P. Peterson	4/2	Fay Robins	4/17
Jinx Junkin	4/3	Maria Barton-Martinez	4/19
Mary Alice Lobato	4/3	Ruby Marchant	4/19
Bonnie Rice	4/3	Rae Schlessinger	4/19
Eugene F. Gajewski	4/4	Viola Padilla	4/20
Orlando Montoya	4/4	John W. Porter	4/20
Carol K. Thomson	4/4	Joan H. Cooper	4/23
Eloisa Alvarez	4/5	Reynalda "Bernie" Sanchez	4/23
Dolores Gonzales	4/6	Elizabeth C. Altman	4/24
Prescilla Martinez	4/6	Dorothy A. Brown	4/24
Dolores Ortiz	4/6	Alfredo Cantu	4/24
Lydia L. Strange	4/6	Marlene Rael	4/24
Barbara Fenitman	4/7	Anne Dacey-Lucas	4/25
Virginia M. Lucero	4/7	Athur Baca	4/26
Robert Fernandez	4/8	Melanie Dwyer	4/28
William Greaves	4/8	Corrine Sanchez	4/28
Manuel Valdez	4/8	Isabel S. Vigil	4/28
Thelma J. Tjiema	4/9	Mary Ann Chrane	4/29
Mary Larranaga	4/12	Sally A. Rodriguez	4/29
Bernard Preskin	4/13	Nepumoceno Saavedra	4/29
Clarice Getz	4/14	Norrine Sanders	4/29
Josephine Dominguez	4/15	Cora L. Solano	4/29
Rachel Maes	4/15	Rachael Garcia	4/30
Aurora Romero	4/15	Sister Jo Romero	4/30
Rosina Schutz	4/15	Yvonne Wilson	4/30
Maria "Edna" Duran	4/16		

**Have a Great Day!**



# ACTIVITIES

## Spring Dance



Thursday, April 22<sup>nd</sup>

1:00 – 4:00 p.m.

Fraternal Order of Eagles Club

833 Early St.

\$2 admission

Bring your Senior ID card

Band: To Be Announced

## Santuario de Chimayo

Attend 11:00 am Mass  
and have lunch at the  
Chimayo Center.

April 5, 6, 7

Call Gloria at  
955-4721 to sign up.

## **New!** Leatherwork Class

M.E.G. Senior Center

Tuesdays at 9:00am

Instructor: Ben Martinez

**Lovelace Sandia Health Systems**  
will be available at the  
following centers  
with information about  
their health plan:

Edgewood Senior Center:

Tuesday, April 6<sup>th</sup> 11:00 a.m.

Villa Consuelo Senior Center:

Wednesday, April 21<sup>st</sup> 11:00 a.m.

Rio en Medio Senior Center:

Wednesday, April 28<sup>th</sup> 11:30 a.m.

## **Bake Sale**

Come get delicious, home-made treats

April 2

8:30 a.m. until the goodies run out

Luisa Senior Center

## **Oral Hygiene Presentation**

Video presentation and  
small group discussion on  
brushing, flossing and denture care.

Thursday, April 8, 2004

Mary Esther Gonzales Senior Center  
(MEG)

1121 Alto St

(Behind Alameda Junior High School)

1:00- 2:00 PM

## **Spring Fling Celebration**

Entertainment by Phil Trujillo

Refreshments & prizes

Come sing-along, enjoy lunch  
and meet the cook, Jonathan Toya

Thursday, April 29<sup>th</sup>

From 11:00 to 1:30

At the Luisa Senior Center



# ACTIVITIES continued

## Travel Committee Trips

### Laughlin, Nevada

**June 22-25, 2004**

Includes three nights at the Edgewater Hotel/Casino

Cost per single room (per person) \$115.00

Cost per double room (per person) \$105.00

Cost per triple room (per person) \$100.00

June 21: Orientation meeting 1:00 p.m.

June 22: Depart MEG Center 7:00 a.m.

Arrive Laughlin 5:30 Nevada time

June 25: Depart Laughlin 7:30 a.m.

Arrive MEG Center 8:30 p.m.

For information or to reserve your space, call

Joe Martinez at 471-6228 or 955-4721

Leo Varela at 471-7452 or 955-4721

### Branson, MI, 7-Day trip

**October 17-23, 2004**

Cost: \$940.00 double occupancy

\$1,160 single occupancy

Price includes:

- Transportation by Deluxe Motorcoach
- Baggage Handling (for one piece)
- 6 Nights Lodging at Excellent Properties
- 4 Continental Breakfasts, 1 Breakfast, 1 Lunch, 2 Dinners
- Guided Tour of Eureka Springs
- Admission to the following great shows\*:

Andy Williams

Red Skelton Tribute

Great Passion Play

Pine Mountain Jamboree

Shoji Tabuchi

Dusty Rogers & the

Yakov Smirnoff

High Riders

*\*Shows may be changed by the theaters.*

For more information or to sign-up, call Virginia Lucero at 983-8853.



## Senior Center Movie Days

**M.E.G.** To be Announced

(Projected on the big screen.)

**Tuesday, April 13 1:00 pm**

(and every second Tuesday of the month)

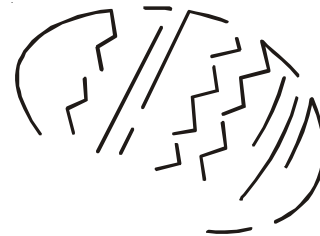
**Luisa** To be Announced

**Wednesday, April 28 1:00 pm**

(and every last Wednesday of the month)

**FREE Popcorn and Sodas**

## Easter Lenten Potluck Meal



Bring a dish...bring a friend

Thursday, April 8<sup>th</sup>

From 4:30 to 6:00 p.m.

At the Luisa Senior Center

For more info,

call Christine at 955-4715

# ACTIVITIES continued

## **Toastmasters is User Friendly**

Anyone interested in building friendships, strengthening the mind and developing stronger interpersonal skills needs to be in Ventana de Vida Toastmasters Club. We exercise our intellect by sharpening our logic and reasoning, by increasing our vocabulary, by listening open-mindedly to others and by experiencing the diversity of our members. Ventana de Vida means "Window of Life" and our club is very user friendly.

Ventana de Vida Senior Center, 1500 Pacheco St.  
Wednesdays at 4:00 p.m.



### **It's a Bake Sale**

At the Pasatiempo Senior Center  
Wednesday, April 7<sup>th</sup>  
Starting at 9:00 a.m.



## **Sole Support Medical**

Foot Orthotics and Arthritis  
Pain Relief Products

Presented by Desiree Martinez,  
Certified Fitter and Educator

will be at the following senior centers  
at 11:00 a.m.:

Abedon Lopez (Santa Cruz):

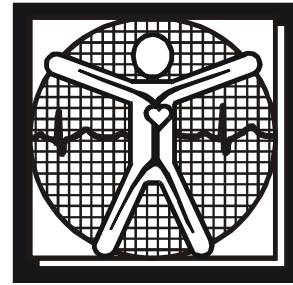
Last Tuesday of every month

Chimayo: Second Wednesday of every month

El Rancho: Second Monday of every month

Pasatiempo: Third Tuesday of every month

Edgewood: Friday, April 23 at 12:30 pm



Toni Atencio, Benefits Specialist,  
will provide statistics on

## **Expenses on Cancer and Heart Disease**

and offer an insurance plan  
at the following senior centers  
at 11:00 a.m.:

Abedon Lopez (Santa Cruz):

Second Tuesday of every month

Chimayo: Last Tuesday of  
every month

El Rancho: First Wednesday of  
every month

Pasatiempo: Last Wednesday of  
every month



Kitchen Creations

## **Free cooking school for people Living with Diabetes**

Learning to prepare foods the  
healthy way

Thursdays, April 1, 8, 15 & 29  
12:00 to 3:00

El Rancho Senior Center

For more information, call

Imelda Garcia at 471-4711 or  
Rose Slade at 955-4755

# ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Inter. Spanish Adv. Spanish Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Woodwork/Straw Tai Chi Sounds of the Past (English)	<b>PASATIEMPO</b> Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon. & Tues.	8:00 am 9:00 am 10:00 am 8:30 am 9:00 am 1:00 pm 12:30 pm 1:30 pm 11:30 am 1:00 pm 9:30 am 9:00 am 11:30 am
Board Games Ping-Pong Ceramics (beg.) Ceramics Leatherwork Sing-A-Long Art Technique	<b>EDGEWOOD</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm		<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	<b>EL RANCHO</b> Mon./Wed. Monday Wednesday Tues./Wed. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Liquid Embroidery Ceramics Bingo	<b>SANTA CRUZ</b> Monday Monday Tues./Fri. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Weaving Ceramics Open Crafts Woodwork/Straw Shopping/Errands	<b>VENTANA DE VIDA</b> Daily Mon. thru Fri. Monday Tuesday Wednesday Wednesday Friday	10:00 am 10:00 am 1:15 pm 1:15 pm 1:00 pm 4:00 pm 1:15 pm
Exercise Pool/Cards Bingo Leatherwork Movie Day Ceramics Quilting Woodwork/Straw Sing-A-Long	<b>M.E.G.</b> Mon. thru Fri. Mon. thru Fri. Mon./Wed. Tuesday 2nd Tuesday Wed./Fri. Thursday Thursday Friday	7:30 am 8:00 am 1:00 pm 9:00 am 1:00 pm 9:30 am 1:00 pm 9:30 am 11:30 am	Coffee Social Ceramics Open Crafts Clay Bingo Woodwork/Straw	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

# ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

## CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.

## CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

## COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday

## EXERCISE

Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.

## GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

## LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:30 pm	Tuesday

## LEATHERWORK

Edgewood	1:00 pm	Wednesday
M.E.G.	9:00 am	Tuesday

## MOVIE DAY

Luisa	1:00 pm	Last Wednesday
M.E.G.	1:00 pm	4th Tuesday

## OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday

## PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
----------	----------	----------------

## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

## QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

## SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	11:30 am	Monday
M.E.G. (Spanish)	11:30 am	Friday
Pasatiempo (English)	11:30 am	Thursday

## SPANISH (Conversational)

Pasatiempo	9am/1pm	Tuesday
Ventana (Beginning)	1:00 pm	Wednesday

## TAI CHI

Pasatiempo	9:00 am	Thursday
------------	---------	----------

## TOASTMASTERS

Ventana de Vida	4:00 pm	Wednesday
-----------------	---------	-----------

## WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday
Chimayo	12:30 pm	Monday

## WOODWORK/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

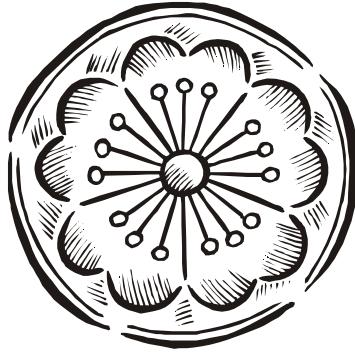
## YOGA

Pasatiempo	8:30 am	Tuesday
------------	---------	---------

## Senior Olympian Paul Seto will be Missed

(From the Presbyterian News Service)

The Rev. Paul S. Seto, a missionary who served in the Middle East and remained at his post in Tehran even through part of the Iranian revolution, died at his Santa Fe home on Feb. 21. He was 85.



Seto was born in Haney, British Columbia, son of Japanese immigrants. He left the West Coast in the 1940s, shortly before the U. S. Canadian governments began rounding up people of Japanese ancestry because of World War II, but his parents did not escape internment. The family's land was confiscated, and Seto's parents worked as day laborers under police supervision while their son attended Garrett Theological Seminary in Illinois.

Seto found his calling in the mission field, devoting his life to crossing racial, political and cultural barriers to create community where there was none.

He was sympathetic to the people of other faiths and facilitated Christian-Muslim dialogue without compromising his own faith.

Seto earned a bachelor's degree at the University of California and graduated from Garrett in 1944. He and his wife, Genevive Reynolds Seto, worked in missions in Syria and Beirut until 1963, when she passed away. He later married Selma, and returned to Iran with her. Selma Seto passed away last September.

Paul is survived by five children and eleven grandchildren.

## Memories of Paul Seto

(By Walter Backus, Chairman, SF Senior Olympics Committee)

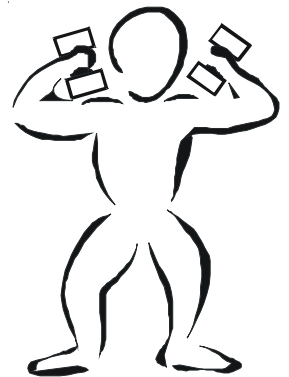
I am very saddened to hear of Paul Seto's recent death. My utmost condolences to his family and friends.

I must tell a little story about Paul and his passion for the javelin used in Senior Olympics. Paul would check out the javelin and use it daily in this routine. But he would keep it and some other senior Olympian would want to use it. Finally, we asked Paul to sign out for the javelin. Of course, he agreed to do this and every two weeks he would come back and sign it out again! He was something special.

Santa Fe Senior Olympics  
and New Mexico Senior  
Olympics present

## Senior Trek to Healthy Fitness

Seniors 50 or better can attend workshops with information for healthier living and greater fitness.



Concurrent workshops featuring:

- Physical Fun Activity
- Sport Instruction
- Health Screening
- Health Education

Wednesday, April 21, 2004

At the Genoveva Chavez Community Center  
3221 Rodeo Road

For more information, call Ron at 955-4754

# SENIOR CENTERS MEMBERSHIP INFORMATION

---

## Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

---

### THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR APRIL 2004:

<b>M.E.G. Center</b>	Tuesdays	April 6, 13, 20, 27	<b>9:30 to 12:00 &amp; 1:30 to 3:00</b>
<b>M.E.G. Center</b>	Thursdays	April 1, 8, 15, 22, 29	<b>9:30 to 12:00 &amp; 1:30 to 3:00</b>

---

## HEALTH

### BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

*All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*

Tests this month will be conducted on the following dates:

<b>M.E.G. Center</b> - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>April 6 &amp; 13</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>April 1</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>April 8</b>	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo Center</b> - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>April 20</b>	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>April 15</b>	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	<b>April 1, 8, 15, 22, 29</b>	1:00 p.m. to 3:00 p.m.
<b>El Rancho Center</b> - Second Mon. (Tests conducted by Jerry Davis, RN)	<b>April 12</b>	10:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed. (Tests conducted by Frances Vigil, RN)	<b>April 21</b>	11:00 a.m. to 1:00 p.m.

---

# HEALTH

## Free Health Products

If you are on Medicare and you have diabetes, you might be entitled to special shoes created to increase the circulation in seniors with diabetes. The shoes are lightweight and come in many styles, colors and sizes.

If you are on Medicare or Medicaid and you have arthritis, you might be entitled to thermal wraps for the part of your body that is affected. The wraps are made of "Thermoskin" and are made for the ankle, knee, wrist/hand, elbow, or hand.

For more information, call Desiree Martinez with Sole Support at 310-8341.



## Oral Hygiene Presentation

Come learn tips to help keep your teeth healthy and your mouth looking and feeling its best. Aamna Nayyar, B.Sc, BDS is the Director of Dental Programs at Santa Fe Community College. There will be a 30 minute video and Power Point presentation by Dr. Nayyar. Then, the audience will break into small groups in which dental assistance students will demonstrate and discuss brushing, flossing and denture care.

Date: Thursday, April 8, 2004

Location: Mary Esther Gonzales Senior Center (MEG)

1121 Alto St (Behind Alameda Junior High school)

Time: 1:00-2:00 PM

For more information, call 428-1258

## Being Forgetful....Normal, or Something Serious?

(From *Healthy Aging* Spring 2004)

As we get older, it's pretty normal to have more and more "senior moments." Are these memory lapses a sign that some form of dementia is setting in?

Probably not, but here are some guidelines from the National Institute of Aging about what's normal and what's cause for concern:

### Normal

- You try to recall a name and can't. Eventually (much later) it pops into your head.
- You forget where you put the car keys and have to search until you find them.
- You get in the car and can't recall the exact location of a place you haven't gone to lately.
- It was a stressful day at work. The phone rings. You forget dinner's cooking, and it burns.
- Forgetfulness is annoying, but not disabling.



### Possible Signs of Dementia

- You want to know a name and, a few minutes later, don't recall that you ever wanted to know the name.
- You forget you ever wanted to find the keys.
- You get in the car, can't recall the location, then forget where you wanted to go.
- You can't seem to do basic chores that you've done all your adult life. You may dangerously undercook food, let plants die, or forget how to drive your stick-shift car. Forgetfulness occurs so often that it's interfering with your ability to function at home or work.



## Accident Facts for Seniors

(From the Retirees' Association of Local Lodge 1781)

Slips, Trips and Falls - When Ronald Regan (age 80) fell at his home in 2001, it brought attention to a growing public problem. More than half of all falls occur in the home or on the home premises.

The most common fractures caused by falls are fractures of the pelvis, hip, femur, vertebrae, humerus, hand, forearm leg and ankle.

Home Modifications of General Areas - Create color contrasts between walls and floors; lighter colored floor surfaces are preferable and increase lighting. Minimize changes in walking surfaces using slip resistant floor coverings such as rough tile and carpeting with short, dense pile. Modify small changes in surface levels, especially single steps.

Install ceiling or wall mounted light fixtures that use at least two light bulbs, with accessible switches that can be turned on or off while standing on the floor.

## Aging and Your Eyes

(From the National Institute on Aging)

Did you know that many older people have good eyesight into their 80's and beyond? Growing older does not always mean you see poorly. But age brings changes that can weaken your eyes.

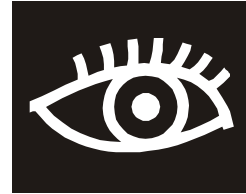
There are some easy things to try when these changes happen. You might add brighter lights in more places around the house- like at work counters, stairways and favorite reading places. This may help you see better and can sometimes prevent accidents caused by weak eyesight.

While older people generally have more eye problems and eye diseases than younger people, you can prevent or correct many of them by:

- Seeing your eye doctor regularly to check for diseases like diabetes, which could cause eye problems if not treated.
- Having a complete eye exam with an eye specialist every 1 to 2 years. Most eye diseases can be treated when they are found early. The eye doctor should enlarge (dilate) your pupils by putting drops in your eyes. This is the only way to find some eye diseases that have no early signs or symptoms. The eye doctor should test your

eyesight, your glasses, and your eye muscles. You should also have a test for glaucoma.

- Taking extra care if you have diabetes or a family history of eye disease. Have an exam through dilated pupils every year. See an eye doctor at once if you have any loss or dimness of eyesight, eye pain, fluids coming from the eye, double vision, redness, or swelling in your eye or eyelid.



## Common Eye Complaints

*Presbyopia* is a slow loss of the ability to see objects or small print. It is a normal process that happens over a lifetime. You may not notice any change until after the age of 40. People with presbyopia often hold reading materials at arm's length. Some get headaches or "tired eyes" while reading or doing other close work. Presbyopia is often corrected with reading glasses.

*Floater*s are tiny spots or specks that float across the field of vision. Most people notice them in well-lit rooms or outdoors on a bright day. Floaters are often normal, but sometimes they warn of eye problems such as retinal detachment, especially if they happen with light flashes. If you notice a sudden change in the type or number of spots or flashes, see your doctor.

*Dry eyes* happen when tear glands don't make enough tears or make poor quality tears. Dry eyes can be uncomfortable, causing itching, burning or even some loss of vision. Your eye doctor may suggest using a humidifier at home or special eye drops (artificial tears). Surgery may be needed for more serious cases of dry eyes.

*Tearing*, or having too many tears, can come from being sensitive to light, wind or temperature changes. Protecting your eyes (by wearing sunglasses, for instance) sometimes solves the problem. Tearing may also mean that you have a more serious problem, such as an eye infection or a blocked tear duct. Your eye doctor can treat or correct both of these conditions.

# HEALTH continued

## *Rx-America Group, Inc.* a non profit organization

*Rx-America Group, Inc.* is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

*\*This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

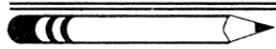
Best Time to Call: \_\_\_\_\_ Home Bound? \_\_\_\_\_ Yes \_\_\_\_\_ No

Prescriptions

Dosage (in ml. or mg.)


# PUZZLES

## 118 CROSSWORD



### ACROSS

1. Young bear
4. Unhappy
7. Cry loudly
10. Imitate
11. Drill (a hole)
12. Walk through water
13. President Reagan, to friends
14. A single time
15. Prayer ending
16. Notation in a logbook
18. Navy's football rival
20. Secondhand
22. Fall flower

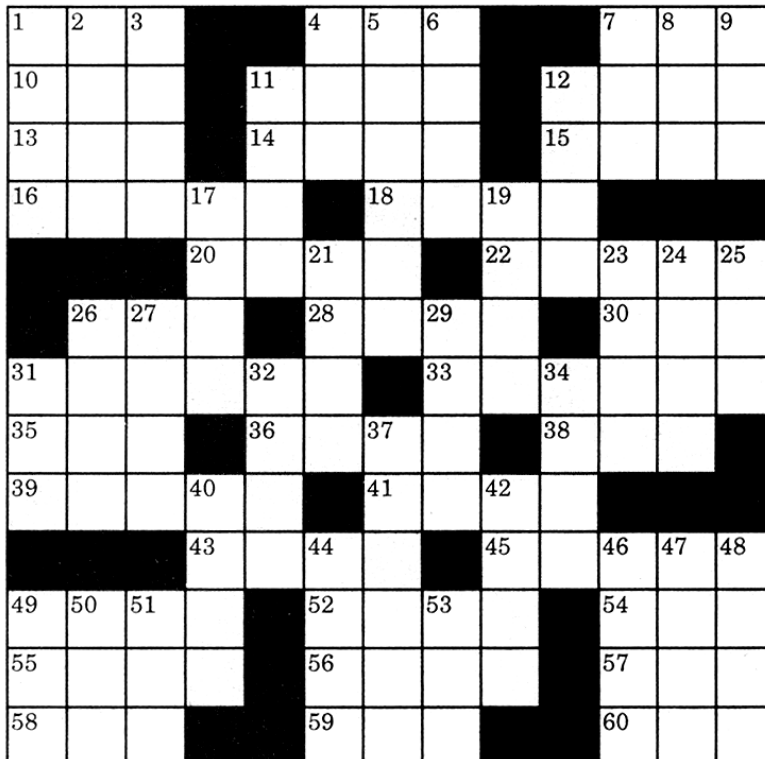
26. Mas' mates
28. Darling
30. Bales in a barn
31. Hoped (for)
33. "— of the dog!"
35. Sixth sense
36. Little kid
38. Columnist Landers
39. Fundamental
41. Swiss mountains
43. Scorch
45. "Cleopatra" and "Ben-Hur"
49. Angel's "hat"
52. Behind schedule

54. Urban rodent
55. Like 2, 4, or 6
56. Perched on
57. Night before a holiday
58. Angry
59. Opposite of 20-Across
60. Stitch

### DOWN

1. Show concern
2. "Once — a time..."
3. Crooked
4. Beaver Cleaver, to Ward and June
5. Video-game hall
6. Bambi, for one
7. "Uncle" who "wants you"

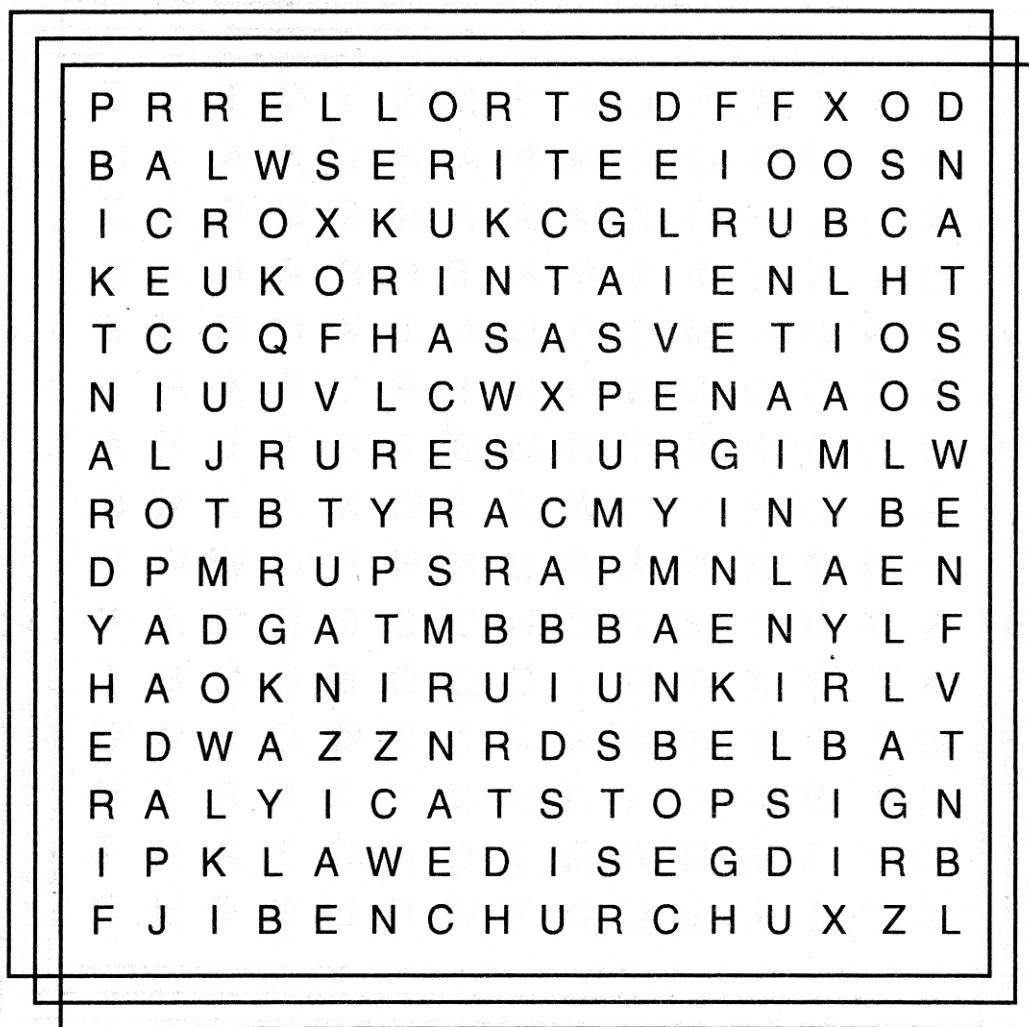
8. Lyric poem
9. Statesman-inventor Franklin
11. Young men
12. Methods
17. Dash
19. Colt's mother
21. Whirlpool
23. More — enough
24. Merit
25. Deli bread
26. Leaning Tower's city
27. Horned vipers
29. Cain's victim
31. Spider's home
32. Engrave with acid
34. Bee's cousin
37. A martial art
40. Computer-screen picture
42. Sound from a chick
44. Mr. Alda of "M\*A\*S\*H"
46. Makes 58-Across
47. Prehistoric dwelling
48. Hearty, winter dish
49. Something to 60-Across
50. Ms. Gardner
51. Was winning
53. Pull, as a disabled car



# PUZZLES continued

puzzle 84

## AROUND TOWN



W-0184

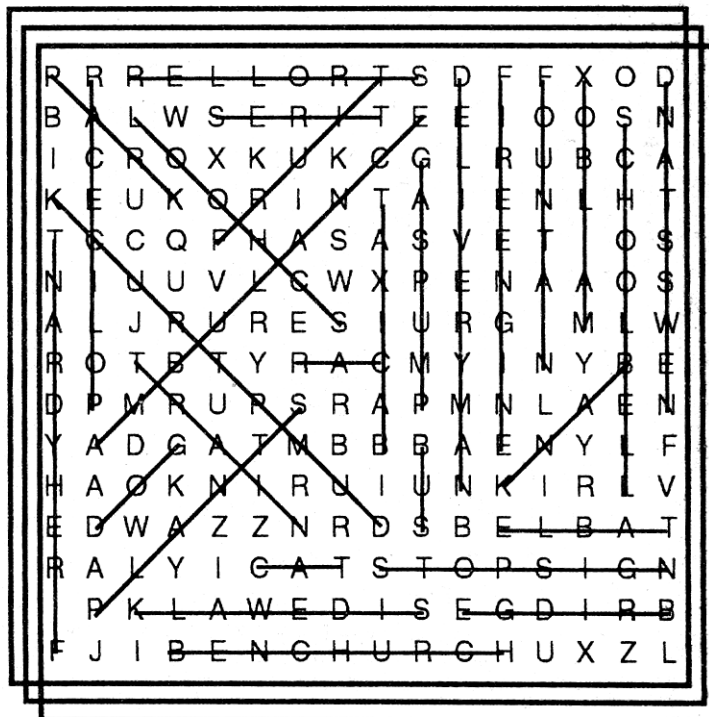
AMBULANCE	DELIVERYMAN	MAILBOX	SIDEWALK
BANK	DOG	NEWSSTAND	STOP SIGN
BENCH	DUMPTRUCK	PARK	STROLLER
BRIDGE	FIRE ENGINE	PLANTS	TABLE
BUS	FIRE HYDRANT	POLICE CAR	TAXI CAB
CAR	FOUNTAIN	SCHOOL	TIRES
CAT	FRUIT	SCHOOL BELL	TRAIN
CHURCH	GAS PUMP		

# PUZZLE answers

## CROSSWORD 118

C	U	B			S	A	D			S	O	B	
A	P	E			B	O	R	E		W	A	D	E
R	O	N			O	N	C	E		A	M	E	N
E	N	T	R	Y		A	R	M	Y				
			U	S	E	D		A	S	T	E	R	
	P	A	S		D	E	A	R		H	A	Y	
W	I	S	H	E	D		B	E	W	A	R	E	
E	S	P		T	Y	K	E		A	N	N		
B	A	S	I	C		A	L	P	S				
			C	H	A	R		E	P	I	C	S	
H	A	L	O		L	A	T	E		R	A	T	
E	V	E	N		A	T	O	P		E	V	E	
M	A	D			N	E	W			S	E	W	

## puzzle 84



W-0184

## **Mandatory Annual Nutrition Assessment**

The Area Agency on Aging has mandated that all seniors who eat at any of the Division of Senior Services congregate meal sites located within the City or County of Santa Fe must fill out the following Congregate Meals Nutrition Assessment form every year.

Note: This information will remain entirely confidential between you and the Nutrition staff member who will follow up on the assessment.

### **INSTRUCTIONS:**

- Please carefully tear the form from your newsletter before filing it out.
- Enter your name, the date and the ID number from your Senior Identification card.
- Read the questions on the form and circle the number under your answer (“yes” or “no”) for each question.
- Then, add up only the numbers that you circled, in order to get your score.
- When you are finished, please give your form to your meal site cook who will give it directly to the Nutrition staff member.

If you would like assistance (in English or Spanish) with filling out this form, please call Gloria Polaco at 955-4721.

It is a requirement that ever senior who eats at our centers complete and turn in this form once every year.

Thank you for your cooperation.

Name \_\_\_\_\_ Date \_\_\_\_\_

Senior Membership ID Number \_\_\_\_\_

### CONGREGATE MEALS Nutrition Assessment

(Circle your answers and add up your score)	YES	NO
I have an illness or condition that makes me change the kind and/or the amount of food that I eat.	2	0
I eat 2 or more meals per day.	0	3
I eat fruits and vegetables every day.	0	1
I eat dairy products every day.	0	1
I have 3 or more drinks of beer, liquor, or wine almost every day.	2	0
I have tooth or mouth problems that make it hard for me to eat.	2	0
I can always afford to pay my bills and buy the food that I eat.	0	4
I eat alone most of the time.	1	0
I take 3 or more different prescribed or over-the-counter drugs a day.	1	0
Without wanting to, I have lost or gained 10 lb. in the last 6 months.	2	0
I am always able to shop, cook, and/or feed myself, or get the help that I need.	0	2
<b>TOTALS</b>		

COMBINED TOTAL: \_\_\_\_\_ (Add YES and NO columns)

Total Your Nutrition Score. If it is:

0 – 2      **GOOD!**      Recheck your Nutritional Score in 6 months.

3 – 5      You are at moderate nutritional risk. See what can be done to improve your eating habits and lifestyles. Your area agency on aging, senior nutrition program, senior citizens center or health department can help. Recheck your Nutritional Score in 3 months.

6 or more      You are at high nutritional risk. Bring this checklist the next time you see your doctor, dietitian, or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.



# SENIOR CENTER LUNCH MENU

## APRIL 2004

<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
			<b>1</b> BEEF TIPS OVER RICE PEAS 'N' CARROTS CUCUMBER SALAD APPLE CRISP CRACKERS MILK	<b>2</b> BAKED FISH TATER TOTS CARROTS SHERBET ROLL MILK
<b>5</b> SALISBURY STEAK GRAVY PEAS PARSLEY POTATO PLUMS ROLL MILK	<b>6</b> BBQ PORK PATTIE RICE PILAF MIXED VEGETABLES MELON ROLL MILK	<b>7</b> CHICKEN TENDERS MASHED POTATOES GRAVY MIXED FRUIT BISCUIT MILK	<b>8</b> ROAST BEEF BAKED POTATO PEAS 'N' CARROTS TOSSED SALAD PEACHES ROLL MILK	<b>9</b> <u><b>NO CENTER MEALS</b></u> TUNA SALAD TOMATO SLICES CHIPS SHERBET CRACKERS/ MILK <b>M.O.W. ONLY</b>
<b>12</b> HAM WITH HONEY GLAZE YAMS BROCCOLI ICE CREAM ROLL MILK	<b>13</b> MEAT LOAF GRAVY RICE SQUASH / CORN PINEAPPLE BITS ROLL MILK	<b>14</b> PORK CHOPS MASHED POTATOES GRAVY CARROTS APPLE SAUCE ROLL MILK	<b>15</b> FRITO PIE WITH CHEESE / ONIONS TOSSED SALAD CRACKERS BROWNIE MILK	<b>16</b> SF TAMALES RED CHILE SPANISH RICE CRACKERS PUDDING MILK
<b>19</b> SAUSAGE SAUERKRAUT BOILED POTATOES CARROTS PEACHES ROLL MILK	<b>20</b> GREEN CHILE CHEESE BURGER BURGER SALAD FRENCH FRIES FRESH FRUIT BUN MILK	<b>21</b> ROAST TURKEY MASHED POTATOES / GRAVY CRANBERRY SAUCE PEAS APPLE CRISP ROLL / MILK	<b>22</b> LASAGNA WITH MEAT SAUCE ITALIAN VEGGIES CUCUMBER SALAD GARLIC TOAST APPLE ROLL MILK	<b>23</b> CHICKEN STIR FRY W/ ONIONS PEPPER/TOMATO ORIENTAL VEGGIE EGG ROLL RICE CRANBERRY JUICE MILK
<b>26</b> CHICKEN WITH RICE PEAS JELLO ROLL MILK	<b>27</b> BEEF STEW CARROT RAISIN SALAD MIXED VEGGIES PEACHES CORN BREAD MILK	<b>28</b> BAKED CHICKEN GARLIC NOODLES PEAS ORANGE ROLL MILK	<b>29</b> SPAGHETTI WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD PEAR SLICES GARLIC BREAD MILK	<b>30</b> RED CHILE ENCHILADAS PINTO BEANS MEXI CORN FRUIT SALAD TORTILLA MILK

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.